



Back to School: COVID-19

This year back to school preparations will look a little different. Despite the angst that we are all feeling with the unknown, this year needs preparation more than any other. Use this checklist to help you and your child prepare for returning to school whether in-person or online.

Preparing for **In-Class Learning**

- Familiarize yourself with the school's plan for in-class learning, **how will things look different** this year (class size, cohorts, lunches, etc.). Clearly communicate these changes with your child.
- In addition to gathering back-to-school materials, make sure you have **additional masks** (machine washable) for each child. Enough to always have at least one back up in their backpack and rotations to wash their mask each night. Write their name in permanent marker on each mask.
- Purchase **hand-sanitizer** travel bottles to have in backpacks and lunch boxes as well as a large bottle for refills at home. Also, ensure you review proper hand washing techniques at home.
- Familiarize yourself with your **school's communication plan** when a positive case is identified, as well as who to contact at the school if your child is sick.
- Make sure that your child is going into the school year as strong and **healthy as possible**. Consider things like their diet, sleep, well-check visits, and if they are up to date on all vaccinations.
- Update **emergency contacts** and who is authorized to pick up your children from school. If that list includes individuals at increased risk, consider making changes.
- Ask if and how **support services** will continue in school (OT, PT, ST, etc.). If these needed services will be less frequent discuss with your Shandy therapist how we can help support your child.

Preparing for **Online Learning**

- Familiarize yourself with the **method of online learning** that will be used. How will you login? Will there be set class times or flexibility? How will you turn in assignments?
- Express **unique concerns** you may have ahead of time with the teacher: multiple children in one home, your child's attention span, your work schedule, homework load, etc.
- Ensure that you have a **working device** for each child and the **internet** bandwidth to support it. If not, is there something your school offers to support your family have access to that?
- **Create a schedule** with your child and stick to it. Discuss how you can best facilitate learning at home. Discuss your plan for completing assignments on time and help them to ensure they're not missing any assignments.
- **Prepare a learning space** in your home for each child that has minimal distractions, noise, clutter, and is well lit. Have school materials easily accessible and organized. Consider access to sensory tools that may help your child focus for extended periods of time.
- Plan ways that you can get each child **physical exercise** each day. Consider adding heavy work/movement breaks throughout their class periods.
- Plan opportunities to **connect with peers** and be social whether safely in person or virtually.
- If your child was receiving **support services** at school (OT, PT, ST, etc) discuss with your Shandy therapist how we can support your child.